



# The BUZZ on Nutrition & Health

A MONTHLY NEWSLETTER FOR CHILDREN AND TEENS FOCUSING ON IMPORTANT HEALTH & WELLNESS INFORMATION

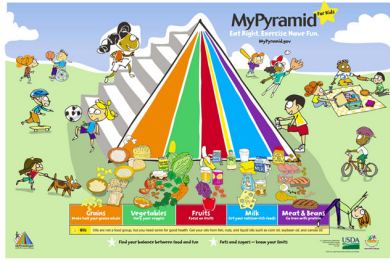
## A Message from Your Extension Agent

Hey Ya'll! Happy New Year to all my readers! I bet everyone is back on track for a new year. New Year's resolutions for 2008 should include eating healthy and exercising every day. A healthy lifestyle should continue throughout our lives. So, keep on track and be a fit kid! If you have any questions or comments, please call me at 467-6575.

**Grace Guerra-Gonzalez**

Your Newsletter is Online! Visit our Extension homepage: <http://bexar-tx.tamu.edu/>. Scroll down the left-hand column to "Cooperative Extension Program" then look for "THE BUZZ..." link on the right. *And hey, it's in color!*

## FOOD GUIDE PYRAMID REVIEW



### A Close Look at MyPyramid

**MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices.**

#### Be Physically Active Every Day:

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

#### Choose Healthier Foods From Each Group:

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

#### Make Choices that are Right for You:

MyPyramid.gov is a website that will give everyone in the family personal ideas on how to eat better and exercise more.

#### Eat More from Some Food Groups Than Others:

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

**Every Color Every Day:** The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

**Take One Step at a Time:** You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

Source: [MyPyramid.gov](http://MyPyramid.gov)  
STEPS TO A HEALTHIER YOU

## KidsHealth

Winter is the season for allergies and colds; so read on to find out how to cure the "common cold."

**Chilling Out with Colds:** You wake up in a cranky mood. Your head hurts. You don't have the energy to even get out of bed. And you can't breathe out of your nose. What's wrong? **You have a cold!**

**What is a Cold?** A cold is an infection of the upper respiratory system. This just means it affects the nose, throat, and ears. A cold virus gets inside your body and makes you sick. There are over 200 viruses that cause colds. The rhinovirus (say: rye-no-vye-rus) is the most common cold virus.

**How Kids Catch Colds:** Mucus (say: myoo-kus) is the wet, slimy stuff inside the nose. When someone sneezes or coughs, mucus drops float in the air. Breathing in these droplets can spread a cold from one person to another.

(continued on reverse)



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# FRUIT OF THE MONTH

## ORANGES

You can also catch a cold if you touch your eyes or nose after handling something with cold viruses on it. Video games, the doors at the mall, and your school desk are all hot spots for viruses. So be sure to wash your hands regularly.

### Cold Clues

**Symptoms** are signs or clues that tell doctors you're sick. Once you've been in contact with a cold virus, it takes 2 to 3 days for cold symptoms to begin. If you have some of the following symptoms, you probably have a cold:

- Low fever (100 to 101 degrees Fahrenheit or 37.2 to 37.8 degrees Celsius)
- Body chills
- Itchy or sore throat
- Sneezing, runny nose, and watery eyes
- Coughing
- Feeling tired and not hungry
- Congestion (when your nose is stuffy and it's hard to breathe)



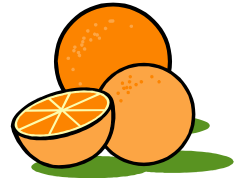
### Helping Kids Feel Better

Here are some feel-better tips:

- **Bring on the heat.** Hot drinks sooth coughs and sore throats while also clearing mucus. So eat (or drink) your chicken soup!
- **Get steamed up.** A steamy shower helps stuffy or irritated noses. Or run a humidifier (a small, quiet machine that sprays fine cool mist in the air) to relieve your scratchy throat, stuffy nose, and itchy eyes. Humidifiers make room air moist, which loosens mucus.
- **Practice healthy habits.** Your immune system will be ready to fight colds if you eat a balanced diet, get plenty of sleep, and keep your body fit through regular exercise.
- **Blow your horn.** Blowing your nose is the best way to get rid of mucus.
- **Rest.** Take a nap or go to bed a little earlier for a few nights.
- **De-stress.** Kids who are stressed out feel worse when they have colds. Relax and use the time to read, listen to music, or watch a movie. In other words, chill out and you might prevent a cold!



- Oranges are a sweet and delicious fruit that are rich in vitamin C and high in fiber.
- Oranges are the largest crop in the world.
- Navel oranges are the most "eating" popular orange in the world.
- Naturally fat free.



Source: Dole.com

## RECIPE OF THE MONTH

### Tortilla Soup

#### Soup

- 2 quarts chicken broth
- 2 cups corn kernels
- 3 Roma tomatoes, chopped
- 4 tablespoons salsa



#### Add-ins

- 1 ripe avocado
- 1 tablespoon lemon juice (1/2 lemon)
- 2 cooked boneless chicken breasts, cut into bite-sized strips
- 1 bag corn tortilla chips
- 2 cups grated Monterey Jack cheese
- 1/2 bunch cilantro, chopped

**Step 1:** In a large soup pot, combine the broth, corn, tomatoes, and salsa. Bring to a boil, cover, reduce the heat, and simmer for approximately 10 to 15 minutes.

**Step 2:** Just before you are ready to eat, cube the avocado and sprinkle it with lemon juice. Place the add-ins in bowls on the table. Diners can fill a bowl with the ingredients of their choice, then ladle on the hot soup. Makes 6 to 8 servings.

**\*Tip:** Remember to ask an adult to help you before using the stove.

Source: FamilyFun.com

Source: <http://kidshealth.org>